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*The opinions expressed here do not necessarily reflect the views of every panelist each month. The Health Sciences Institute acknowledges occasional differences of opinion among panelists and welcomes the exchange of differing points of view.*

## Tomorrow's Alzheimer's drugs will do what this brain-saving herb does today

by Michele Cagan

One out of every nine Americans over age 65 has Alzheimer's disease...

And the odds get worse as we get older: one in three after age 85.

Today, more than five million Americans struggle with the debilitating disease—but experts expect the number to more than triple by 2050.

Yes, there are drugs... and we all know they don't work.

Now we know why.

Even better, we know what will work—and you can have access to it right now, years before Big Pharma comes out with a much more expensive and probably much less effective version.

And if you start now—while you can still read this—you may be able to avoid the terrifying decline into darkness all together.

### The slide starts sooner than you think

The road to Alzheimer's disease is very long—scientists now believe it starts up to twenty years before symptoms appear—but it's not usually noticed until brain function has taken a major slide.

The earliest symptoms are very similar to age-related or stress-related issues, like difficulty remembering new names, taking longer to recall basic facts, and forgetting where those keys are.

But inside your brain, things may look

very different from someone who just has age or stress related memory issues.

### What's happening in your brain

It starts inside your brain cells, with their inner transport system. In healthy brain cells, that transport system is very neat and orderly, organized in parallel strands, like train tracks.

When everything is working the way it should, nutrients and waste products flow where they're supposed to.

But the protein that's meant to keep those tracks straight—a protein called *tau*—can go rogue. Tau is sort of like the plastic coating on wires, and once it starts to fray, things get very messy. When those tau structures collapse, they form bundles of twisted threads (technically called neurofibrillary tangles).<sup>1</sup> And the cells waste products, which include beta amyloid, suddenly can't get out. The cell does its best with clean-up duty, and randomly dumps out amyloid, like a train running off the track.

That dumped amyloid clumps up, and forms plaques throughout the brain. And brain cells start to die off, causing disruptions throughout the whole brain cell network.

The language and memory areas of the brain shrink. And without the right intervention, cognitive loss is inevitable.

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### Our Mission

The *Health Sciences Institute* is dedicated to uncovering and researching the most urgent advances in modern underground medicine.

Whether they come from a laboratory in Malaysia, a clinic in South America, or a university in Germany, our goal is to bring the treatments that work directly to the people who need them. We alert our members to exciting breakthroughs in medicine, show them exactly where to go to learn more, and help them understand how they and their families can benefit from these powerful discoveries.

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## Brain-saving herb protects against Alzheimer's

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### Focused on the wrong problem

Anyone who's ever looked into Alzheimer's disease has heard of beta amyloid, or amyloid plaques, the hallmark of the condition.

And for decades, scientists believed these were the problem, the cause of Alzheimer's disease... and it became the focus of mountains of research and drug development.

But now we know that amyloid plaque is an effect of the real problem, a breakdown in tau.

Now scientists have to change their whole way of looking at Alzheimer's disease and cognitive decline, and new research is getting started.

But there is already something that can help, a natural herb that takes on tomorrow's brain research targets today.

### Real hope for your future brain

To be clear: There are not *yet* any published studies about the impact of this brain-saving herb, called *andrographis*, on Alzheimer's disease in people. But the animal studies show immense promise. And the leading researchers are brimming with hope.

I talked to one of them, direct from Chile, and he told me about some of the promise they're seeing. For example, a friend's father had Alzheimer's disease, and suffered memory loss from one day to the next. After taking andrographis for one month, he began recovering some day-to-day memory. And researchers have seen some results in the clinical setting, like patients being able to read again, or remember what day it is.

They're now working on a clinical trial to measure cognitive changes, and have great hope—but those results won't be in any time soon.

But there are animal studies, and they give us a good peek into the future—revealing how to keep your brain from slowly declining. When we talked about the possibility of preven-

tion, there was excitement. In animal models before the disease starts, andrographis appears to prevent memory loss. "It may be wishful thinking," he said, "But it could happen in people, too."

### Potent plant compound fixes the right problems

The science here gets very technical—but the basics are pretty clear.

Andrographis contains powerful plant compounds called andrographolides. And these compounds act directly on the brain chemicals and signals that keep tau (the railroad track protein) in line.

One study<sup>2</sup> found that andrographolide activates a very important pathway—called Wnt signaling, crucial to proper tau functioning—that often stops working properly in brain diseases like Alzheimer's. That finding led researchers to conclude that the andrographalide "could be used as a potential therapeutic drug."

And andrographis protects the brain in other ways as well. An animal study<sup>3</sup> found that andrographolide decreased inflammation in the brain, which helps increase communication among brain cells.

But the most impressive study so far involves the very clear impact of andrographis on the brain function of lab mice.

### Protecting against brain cell and memory loss

To really see what andrographolide could do in the brain, researchers looked at two mouse models of Alzheimer's disease with mice aged either seven months or twelve months.<sup>4</sup>

The mice were given andrographolide, to see how it impacted the progression of Alzheimer's disease. And it did have a major impact:

- reduced tau breakdown
- decreased harmful amyloid levels and prevented clumping

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# The mainstream “cure” is keeping you chained to the bathroom... this will set you free

by Michele Cagan

**T**his is going to get a little gross. Diarrhea that sends you dashing for the bathroom three... four... many times a day...

Foul-smelling, greasy stool...

Humiliating gas attacks...

Chronic diarrhea can cripple your life, keep you from leaving your house. It interferes with work, fun—everything.

This problem has you sprinting for the bathroom *at least* three times a day—but often as many as *ten times* a day—for more than four weeks. And, sadly, the condition can last for years, with no end in sight.

To complicate the issue, the real cause of this painful and embarrassing condition is frequently overlooked, and the conventional treatment can make things even worse

But there is a way to conquer the cause—once and for all—and free yourself from the bathroom for good.

## Misdiagnosis can kill you

It's unfortunately misdiagnosed and underdiagnosed, and that can be a critical mistake. Small intestine bacterial overgrowth—SIBO for short—causes up to 67% of chronic diarrhea cases.<sup>1</sup>

And when it's left untreated—or mis-treated—it can go from annoying to debilitating to deadly. As this disease progresses, it can lead to severe malabsorption issues, putting your life at risk... especially if you're older, have another chronic condition like diabetes, or have had surgery on your upper intestines.

To defeat this debilitating disease, you have to really understand it, and fight back hard... the right way.

## Invading hordes take over

Your GI system only works because it naturally contains more than 1,000 different types of bacteria<sup>2</sup> vital for digestion and immunity.

But sometimes—often—the wrong bacteria, of which there are many kinds, take over and grow out of control: SIBO. When that happens, those rogue bacteria make the whole environment too hostile for the good bacteria you need to survive and thrive.

Worse, SIBO disrupts your digestive process, so no matter how well and how much you eat, you can quickly become dangerously malnourished.

## Wasting away with a full plate of food

When your body can't absorb crucial nutrients from food, you can literally waste away.

Advanced cases of SIBO often cause that very problem, and it can show up in a variety of ways. Nutrients commonly deficient in SIBO sufferers include iron, vitamin B12, calcium, vitamin A, selenium, protein, and fats. Those deficiencies can bring on upsetting symptoms:

- Anemia
- Exhaustion
- Severe nerve pain
- Pale, foul-smelling, greasy stool
- Painful cramping
- Skin inflammation
- Night blindness
- Rosacea
- Unwanted weight loss
- Cachexia—the medical term for wasting away

## The IBS-SIBO connection

If you're suffering with irritable bowel syndrome (IBS), especially when your main symptom is diarrhea, SIBO may be adding to your struggle. In fact, researchers found that 45.7% of diarrhea-focused IBS patients tested positive for SIBO.<sup>15</sup>

Without the right diagnosis, these symptoms won't make sense, and treating them directly (like taking extra iron for anemia) may not work.

The only way to restore full nutrition is to deal with the bacterial overgrowth...

And the current mainstream treatment—well, it's not the cure people hoped it would be.

## The cure or the cause?

There's no doubt about it: antibiotics kill bacteria.

That's why conventional medical professionals mistakenly believe that antibiotics are the best and only solution for bacteria overgrowth<sup>3</sup>. And while they do have a point, they're completely missing the big picture.

There are three enormous problems with the antibiotic “solution.”

1. Pharmaceutical antibiotics kill specific bacteria, not all bacteria
2. Antibiotics do not kill fungus or candida
3. Antibiotics kill off good bacteria, too

So though antibiotics may seem to work while you're taking them, and even for a little while longer, they often make the problem worse in the long run. Without good bacteria in your gut, it won't be long before the bad guys overpopulate again.

The diarrhea comes back. The gas and bloating come back. Sometimes even more severe than they were before.

Which is why conventional medicine recommends multiple courses of antibiotics—despite the fact that it doesn't work. In fact, one study found that, on average, symptoms only improved for 22 days.<sup>4</sup> That means to get lasting relief, you'd have to take a course of antibiotics just about every

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# Arthritis pain-stopper reverses osteoporosis and saves the weekend warriors

by Michele Cagan

Without strong bones and pain-free joints, you can't do much of anything—even the things you love the most—without suffering.

Fear of pain, worry over breaking bones... they keep you from really enjoying your life because you live to avoid them.

But you can take your life back, even if your joints throb with the constant crush of arthritis, even if your bones are weakened by osteoporosis.

Because there's a way to change all of that. A single supplement that can stop arthritis pain, reverse bone loss, and let you do what you love to do without fear.

## It doesn't take a mega dose

A lot of joint supplements and pain pills don't seem to work at all unless you take a lot of them. But as many HSI members have learned, there is one that works well and fast to ease even the worst joint pain.

Ostinol™, even at its lowest 150 mg dose, conquers pain and lets you get back to your favorite activities... and there's a newly published study to prove just that.

Researchers recruited 44 people (average age 65) with osteoarthritis in the hip, knee, or ankle. Each subject took 150 mg of Ostinol daily for four weeks... and the results were liberating.

- 45% decrease in pain intensity
- 55% decrease in pain frequency
- 57% increase in activity level
- 80% increase in joint strength

All of that on the lowest possible dose, for a very short period of time... with no side effects.

## Quieting pain and inflammation naturally

One way Ostinol eases joint pain is by decreasing inflammation com-

pounds, particularly interleukin 1 and interleukin 6. When those compounds are under control, inflammation, pain, and stiffness die down, finally bringing relief—even when pain medications haven't helped.

But that's not all Ostinol can do.

This natural supplement, officially known as Ostinol™ Bone and Cartilage Stimulating Proteins, contains the only proteins proven to "turn on" the stem cells that stimulate new bone and cartilage growth.

Those proteins jumpstart the healing process in your bones and joints. And it works no matter how long you've been suffering or how old you are. So Ostinol seems to help repair and renew damaged joints—not just take the edge off the pain.

And as much as Ostinol does for your joints, it can do the same for your bones as well. In fact, if you've been losing bone density, Ostinol can help you get it back, growing strong healthy bones.

## Osteoporosis reversed as bone density jumps up 8%

Donna Tucker's bones have not had it easy.

Early in life, she had a hysterectomy. And while her doctor at the time recommended hormone therapy, she didn't keep up with it. (There were no bio-identical hormone options back then.) But she did keep up with her very active lifestyle, which included horse racing, hiking, and high impact sports.

Then, at age 36, Donna shattered. She got bucked off a horse, and suffered spiral fractures in her hip, and broke her femur in fourteen places. They told her she'd never walk again... and this very active, young woman was confined to a wheel chair.

That didn't stop Donna. She defied the odds—and after three years of intense rehabilitation, she did walk again. But her bone density kept going down, more and more every year, no matter what she did. Hormones, supplements, weight-bearing exercise, great diet... nothing stopped the bone loss. She even tried Fosamax briefly, but stopped when her surgeon told her to not to take it.

Flash forward to a couple of years ago, when a bone scan came back with upsetting results: Donna had stage 1 osteoporosis, and she was just in her 50s. Now she was *scared*. And she felt like she couldn't live her high impact life anymore, couldn't ride her horses without fear.

Until she discovered Ostinol, and decided to give it a try. And after two years of taking it religiously, she got another bone scan. Her doctors were stunned. Donna's stage 1 osteoporosis had reversed to osteopenia. Her bone density had actually increased by 8%. Her physical therapist had "never seen a reversal like that." And the doctors told her to keep taking Ostinol.

"I'm never going off it now," Donna told me. "I'm not afraid on my horse anymore, I'm not worried about shattering anymore. Ostinol's not cheap, but then a broken bone's not cheap either. Plus, as soon as I started taking it, pain started to go away. When I take it, I have no pain in my knee, back, or neck—it's all gone."

## Weekend warriors bounce back fast

Now, so far Ostinol has been helping people with crippling diseases—osteoarthritis, osteoporosis—and intense chronic pain. But researchers are a curious bunch, and they began

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## Arthritis pain-stopper reverses osteoporosis

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to wonder what it could do for people with low levels of everyday pain or pain on activity.

For this double blind placebo controlled study, they recruited more active adults, with an average age of 43. Some of these people were very active, participating in three to five physical activities a week. Some were more the “week-end warrior” type, doing two or three activities weekly. And whether they golfed, cycled, swam, gardened, hiked, played basketball, or took aerobics classes, the participants had at least this in common: they were dealing with pain that sometimes kept them from doing the things they loved most.

And regardless of their activity level, the participants were split into three groups. One group got 150 mg of Ostinol daily, one group got 450 mg of Ostinol daily, and the last group got placebo.

Within a week, the people in the 150 mg group had significant decreases in pain intensity and frequency—it hurt less often. The 450 mg group had even quicker results. On average, these people reported substantial drops in pain

intensity and frequency in just three or four days. And both groups were able to do more activity, and play longer, without inviting as much pain as they’d had before.

### **Ostinol™ erases the pain and stiffness, repairs joints, and renews bone density**

Whether you’re looking to recover lost bone density, repair and protect your joints, or erase the pain of a very active week-end, Ostinol can do the trick.

Because everyone’s situation is so unique, the best Ostinol dosage for you depends on your particular situation.

Ostinol now comes in five strengths—150 mg, 350 mg, 450 mg, 700 mg, and 900 mg.

If you’re not sure which strength and dosing is right for you, call the manufacturer. They offer free consultation with their in-house experts to help figure out the best regimen for you to try.

You can find ordering information for Ostinol™ in your Member Source Directory on page 8. **HSI**

## **HSI EXCLUSIVE:**

### ***Take part in a groundbreaking clinical trial to develop the next joint supplement***

**I**f you’ve been struggling with joint pain and stiffness, a new clinical study could change all that.

You have the chance to participate in another potentially groundbreaking clinical trial from the makers of Ostinol, Zycal Bioceuticals Inc. The company is inviting HSI members suffering with joint pain to join a clinical study of a brand new ingredient, 2-Beta Coxitene—the next generation of joint supplements.

If you are between 30 and 80 years of age, and experience joint pain and stiffness at least three times a week, you may be eligible to participate. All participants will receive their study supplements free of charge and may receive additional discounts at the end of the study.

If you are interested, please call Zycal Bioceuticals clinical research department at **1-888-779-9225 ext 107** or email **[clinicaltrials@zycalbio.com](mailto:clinicaltrials@zycalbio.com)**

## **Set yourself free from the bathroom**

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month... and who knows what kind of long-term damage that could do.

That’s why you need more than killing power to conquer SIBO. You need a full-on campaign.

### **Killing bacteria it isn’t enough**

The mainstream approach to conquering SIBO stops short. Yes, killing

the bad bacteria overgrowth is crucial... but it’s a crucial *first step*. And pharmaceutical antibiotics just fall short.

Even if they happen to cover all of the bad bacteria in your system, they do absolutely nothing for fungus or candida overgrowth—and those often go hand in hand with SIBO. So the

trick is to use the broadest antimicrobial agent in the world, but you won’t get it from your doctor.

Once the overgrowth has been wiped out, restoring a friendly environment, you need to “re-seed” your intestinal tract with plenty of the right

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## Set yourself free from the bathroom

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bacteria, the good bacteria that help you with digestion and immunity. When the good guys have the upper hand, they keep the bad microbes in check, helping prevent another debilitating overgrowth.

The final step involves repairing the tissue—mainly the lining of your small intestine—that's been damaged by the SIBO.

Now these steps take time. SIBO doesn't clear up in just a few days. Even though you might begin to feel better when the bad bacteria are killed off, it's important to fully finish all three steps... or you'll be setting yourself up for another round of SIBO.

### Clear the field

To really clear out the intestinal environment, you need a true broad-spectrum antimicrobial... not just an antibiotic.

Silver fills the bill. That's why the Digestive Rehabilitation Kit contains the Digestive and Urinary Tonic (DUT), a specially enhanced water based silver colloid optimized to get rid of intestinal microbes, whether they're bacteria, candida, or fungus. But that's not the only way silver remains superior to pharmaceuticals...

Let's talk about resistance... something *no* pharmaceutical antibiotic is immune to. Those drugs work by targeting bacteria cell wall markers—which the bacteria can live without. The ones without those markers survive and multiply, making them resistant to the antibiotic. But silver works a different way, and though we're not exactly sure how, it seems to sneak in through a process that the bacteria need to survive,

making it nearly impossible for them to develop silver resistance.

On top of that, unlike antibiotics, silver doesn't cause any gastrointestinal side effects.

It takes about two days of steady attack to clear the playing field. And along the way, like any powerful antimicrobial, silver will kill off the good bacteria, too.

Which makes the second step of this treatment plan just as important as the first.

### The pros turn things around

With the clean, supportive environment available, now is the time to "re-seed" your intestines with good bacteria... probiotics. Now is the time they can survive and thrive—in fact, in this environment, they can multiply faster than you can possibly ingest them.

This helps your body rebuild a supply of very necessary bacteria that support good digestion, and help extract essential nutrients from the food you eat.

This isn't just theory anymore. Probiotics have been proven to help patients with SIBO and other gastrointestinal illnesses like irritable bowel syndrome (IBS).

- Probiotic treatment worked better than antibiotic treatment (with metronidazol) for SIBO<sup>5</sup>
- In 2014 researchers conducted a pilot study<sup>6</sup> on probiotic use in SIBO patients and concluded that it helped prevent complications of the disease
- Another study<sup>7</sup> found that treatment with probiotics decreased bacteria with gas-producing ability and increased health-related quality of life in IBS patients
- A 2013 review<sup>8</sup> documented the effectiveness of probiotics in treating IBS
- Probiotic treatment stabilized intestinal microbe population and provided relief of overall IBS symptoms, including improved

stool consistency<sup>9</sup>

With step two underway, it's time to do some repair work.

### Repair the damage

Now that the bacterial overgrowth has been successfully eliminated, and you're adding healthy balance back into your intestines, the third step to truly eradicating SIBO is to fix the damage.

Bad bacteria coupled with inflammation does damage to the lining of your intestines—and that tissue needs to heal. Until it does, your immune system will be drawn to the area, taking away coverage from the rest of your body... and sometimes attacking those good bacteria you just added in.

Step three of the Digestive Repair Kit contains a potent combination of six healing herbs that help your upper intestine recover:

1. **Plantain leaves** contain a compound called allantoin, which increases the activity of the cells (fibroblasts) that create collagen. Your body needs collagen to reconstruct damaged tissue.
2. **Marshmallow root** has been used for generations to soothe and coat inflamed tissue, thanks to its high mucilage content, which helps form a barrier against irritants. Traditionally, it's used to treat many severe GI conditions such as Crohn's disease, gastritis, reflux, peptic ulcers, and ulcerative colitis.
3. **Slippery elm bark** also contains plentiful mucilage, soothing the irritated intestinal lining. This herb traditionally eases inflammation, indigestion, heartburn, diarrhea, and gastritis.
4. **Licorice root** relieves inflammation and injury in the stomach, soothes stomach ulcers, and treats chronic gastritis. This herb also has antibacterial and antiviral properties.
5. **Aloe** has prebiotic properties

### Key nutrients help rebuild

Building new tissue requires particular nutrients. To get the most out of the Digestive Rehabilitation Herbs of step three, it's helpful to take 2,000mg of Vitamin C; 10,000 IUs of Vitamin D; and a good vitamin B-complex daily.



that help promote growth and survival of probiotics.<sup>10,11</sup>

6. **Peppermint** treats a variety of gastrointestinal disorders, from nausea to bad gas. And several studies<sup>12,13,14</sup> show that peppermint helps treat IBS symptoms, including pain, diarrhea, and bloating.

Individually, these ingredients have each been proven effective to counteract symptoms and damage. Together, the herbs soothe inflamed intestinal tissue, help regenerate new healthy tissue, and ease those unbearable SIBO symptoms.

### **“It’s the only thing that worked”**

A powerful concoction of antibiotics saved Sara Oliver’s life... but left her feeling “screwed up, very sick, and clobbered.”

About five years ago, Sara became infected with MRSA. To knock out that hard-to-kill infection, for three months she spent four hours a day, seven days a week, getting a highly potent mix of IV antibiotics. The medicine did its job, wiping out the MRSA infection. But Sara didn’t fully recover...

“I felt like most of my body was screwed up, and I felt very, very sick afterward. The treatment totally clobbered my energy. Before the MRSA, I was pretty healthy—I never got sick,” she told me. “My overworked immune system made me allergic, so I was reluctant to try a lot of new stuff. I did take major probiotics, and they helped some, but not totally.”

Then things got worse, and Sara was “super sick for about three weeks.” She had bad GI and flu-like symptoms, but knew it wasn’t flu. And nothing she took worked to get her better. “I was at the end of my rope, willing to try just about anything.”

That’s when Sara found out about the Digestive Rehabilitation Kit, and she was reluctant to try it, but desperate. And she’s so glad she did: It’s the only thing that worked to cure her. And after *years* of exhaustion, her energy started coming back.

“It’s genius,” she told me, “It just

makes so much sense. So simple when you think about it—common sense really—but no one else talks about it like this. I know the kit works, because I finally have my energy back.”

### **“I couldn’t eat anything”**

Bill McCallum suffered with constant digestive problems.

“I couldn’t eat anything. I had tried everything, and had just about given up,” he said.

Then Bill discovered the Digestive Rehabilitation Kit, and everything changed.

“This kit just made so much sense, I had to try it. My friends can’t believe how much it helped me. My energy is up, I have normal stools... I feel like a new man!”

### **“It fixed me right up”**

Gloria Markham simply raves about the Digestive Rehabilitation Kit.

She’d suffered for a long time with “what my doctor tells me is ‘irritable bowel syndrome.’ Well, I guess he’s right,” she said. “Because I find it very irritating not to be able to eat anything and have it come out right... if you know what I mean.”

Gloria was in really bad shape, and she tried so many different things to get better, but nothing really helped.

Then she tried the Kit.

“I followed the directions, and even went for an extra month of probiotics. Well, I’ll be, if it didn’t fix me right up! God bless!” she said.

### **Conquer SIBO, soothe IBS... and get yourself free from the bathroom**

If you’ve been tied to your bathroom by chronic diarrhea, suffering

### **Symptom-free doesn’t mean SIBO-free**

Various studies have detected SIBO in people without GI symptoms...yet. In fact, anywhere from 12% to 22% to 35% of healthy study subjects tested positive for SIBO.

Your risk of SIBO goes up as you get older: about half of all people over age 75 have the condition.<sup>16</sup>

from GI insults like bloating and foul gas, the Digestive Rehabilitation Kit can give you back your life.

The Kit comes with two bottles of Digestive and Urinary Tonic (DUT), two bottles of Balanced Probiotics, two bottles of Digestive Rehabilitation Herbs, and a clear set of protocol instructions to help you through the process. Each kit component is also available separately.

Start with step one, the DUT. Take two ounces every two hours. Continue this for two days, finishing one full bottle per day, four doses. For full effectiveness, DUT must be taken on an empty stomach, and it’s best to avoid eating for one hour after taking DUT. Food makes colloids of silver less effective, and salt eliminates the impact completely.

I know it seems impossible to take it every two hours on an empty stomach, but it can be done (see the sample schedule)... and remember—it’s just for two days.

#### **Sample DUT Dosing Schedule**

- 7:00 a.m. Dose 1
- 8:00 a.m. light breakfast
- 9:00 a.m. Dose 2
- 11:00 a.m. Dose 3
- 12:00 p.m. light lunch
- 1:00 p.m. Dose 4
- End of Day 1 Dosing

Steps two and three can be done at the same time, after step one DUT is completed. Take one or two Balanced Probiotic chocolate chewables every day for one month. During the same month-long period, take two capsules of the Digestive Rehabilitation Herbs. Take one herbal capsule in the morning, and one in the evening, for one month.

You will find ordering information for the Digestive Rehabilitation Kit, as well as the individual components, in your Member Source Directory on page 8. **HSI**

## Brain-saving herb protects against Alzheimer's

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- prevented disease progression
- reduced cognitive impairment
- decreased oxidative stress and inflammation in the brain
- protected against brain cell loss
- increased creation of new brain cells

These results indicate that andrographolide could help prevent Alzheimer's disease progression—maybe even in people.

### Five brain-supporting ingredients help get your brain back on track

Though andrographis is the star performer in a brand new—so new it's just now being made available—brain protective supplement called

NeuroActin™, the formula contains five additional ingredients to pack in even more brainpower.

**Schisandra** protects your brain cells to prevent cognitive deficits.<sup>5</sup>

**St. John's wort** can significantly improve recognition memory and spatial memory declines caused by stress.<sup>6</sup>

**B vitamins—B3, B6, and B12—**are closely linked to cognition and aging, especially because older adults are likely to have small deficiencies in these crucial vitamins.<sup>7</sup> They're especially critical for adults with mild cognitive impairment and high homocysteine levels (a key factor in Alzheimer's disease), according to a recent placebo-controlled clinical trial.<sup>8</sup> That study found the B vitamins slowed cognitive

decline, and may even help prevent the conversion from mild cognitive impairment to dementia.

### Protect your brain and your memory with NeuroActin™

Don't wait until it's too late to save your precious brainpower. You can protect your memories and prevent cognitive decline with NeuroActin.

The manufacturer recommends taking two NeuroActin capsules per day.

Keep in mind that changing the brain takes time, so allow a month or two to see the impact.

You can find ordering information for NeuroActin in your Member Source Directory below. **HSI**

## MEMBER SOURCE DIRECTORY

### \*\*\*EXCLUSIVE: SPECIAL OFFER FOR HSI MEMBERS ONLY\*\*\*

**LunaFlex PM**, Northstar Nutritionals' brand new supplement for tired, aching joints. PH: (800) 913-2592; [www.northstarnutritionals.com](http://www.northstarnutritionals.com). LunaFlex PM normally costs \$49.95 a bottle, but HSI members can take advantage of exclusive savings today. Just use promo code **EHSIR6AA** and get 10% off your entire supply. Product is not available in Austria, Australia, Uruguay and Germany.

**NeuroActin®**, Herbal Ultra Corporation, PH: (800)200-4180; [www.herbalultra.com](http://www.herbalultra.com). One bottle of NeuroActin costs US\$49.95. HSI members will receive exclusive savings: Purchase four or more bottles of NeuroActin or any other Herbal Ultra product and receive a special 30% discount on your purchase. The four bottles can be all the same product or different products. Simply use code **hsi30** to take advantage of these exclusive member savings. Product available only in the U.S.

**Digestive Rehabilitation Kit**, Nature's Rite, PH (800) 991-7088; [www.mynaturesrite.com](http://www.mynaturesrite.com). Digestive & Urinary Tonic costs \$45.99 per bottle, Balanced Probiotics cost \$24.99 per bottle, and Digestive Rehabilitation Herbs cost \$24.99 per bottle. The Digestive Rehabilitation Kit, which contains two bottles of each component, costs \$149.99. HSI members will receive additional special savings of 20% off the Digestive Rehabilitation Kit and any other products. Simply use code **HN777** when ordering to take advantage of this exclusive offer.

**Ostinol™**, ZyCal Bioceuticals, Inc., PH: (888) 779-9225. Ostinol costs US\$45 for one bottle of 150 mg capsules, US\$79 per bottle of 350 mg capsules, and US\$109 per bottle of 450 mg capsules. HSI members will receive exclusive savings on Ostinol™ purchases: Save 15% on 1 bottle, 20% on 2 bottles, or get one free bottle when purchasing three bottles of Ostinol. Plus, for every bottle of Ostinol purchased, HSI members can get a bottle of premium Tricalcium-3 at a 50% discount.

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**Password: cures**

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